

Practice # 40 – IM (Lanes 3 & 4)

Warm Up - 400/300 Choice

- 4/3x100 Kick 2:00/2:20

800/700

Main Set:

7x50: 1. 25 Fly/25 Bk 1:10/1:15

2. 50 Bk

3. 25 Bk/25 Br

4. 50 Br

5. 25 Br/25 Fr

6. 50 Fr

7. 25 Fr/25 Fly

350

1 min rest – repeat set switching 100m

6/5x100: 1. 100 Bk 2:20/2:30

2. 50 Bk/50 Br

3. 100 Br.....

600/500

3x200 Fr (pullbuoy/paddles) 4:15/4:30

3x200 Fr (fins) 4:15/4:30

1200
2950/2750

Cool down - 5 mins relaxed swim